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Front-row seat

From bagpipes and kilts to Joel Plaskett, East Coast music has taken on a life of its own, says ECMA chair Heather Gibson [PAGE 15](#)

STOMPIN' HIS WAY TO GLORY

HIS SONGS ABOUT CANADA CHRONICLED EVERYTHING FROM BUD THE SPUD TO A SUDBURY SATURDAY NIGHT. STOMPIN' TOM CONNORS DIES AT 77 [PAGE 8](#)




CHIP-CHIP HOORAY!

Fotis Fatouros, co-owner of John's Lunch in Dartmouth, holds a plate of his ever-popular fish and chips. The restaurant was recently voted best fish and chips in Canada by Canadian Living Magazine. Story, page 4. JEFF HARPER/METRO

Spring vote 'high-risk' for NDP: Pollster

Election prospects. Gap between Liberals, New Democrats narrows, latest survey suggests

 HALEY RYAN
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Nova Scotia is likely to see a fall provincial election, according to the head of a Halifax research company.

Don Mills, chairman of Corporate Research Associates Inc., said since support for the NDP is low, it would be a "very high-risk decision" to call an election this spring as many have been speculating.

"They'd have to count on changing a lot of minds in a short amount of time," Mills said.

"But if they wait until the very end (of their mandate), they'll look desperate. They're going to have to go this year

sometime to avoid that perception."

According to a new survey by CRA, voter support for the Liberals is at 39 per cent, a decrease of two percentage points from last quarter.

Support for the NDP rose three percentage points to 32 per cent, while Tory support slipped from 27 to 24 per cent.

Just under half (48 per cent) either said they were undecided or don't plan to vote or didn't offer a response.

Also of note, Darrell Dexter's popularity as premier declined from 26 to 21 per cent support. "He's no longer the strength of the party," Mills said.

Liberal Leader Stephen McNeil's popularity also declined to 26 from 33 per cent, while Tory Leader Jamie Baillie is now at 20 per cent, up three percentage points from last quarter.

There were 801 Nova Scotians surveyed from Feb. 7 to March 3. The data has a margin of error of plus or minus 3.9 percentage points.

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Dexter vows N.S. will have balanced budget in April

Restraint. Premier says province will 'live within our means'

Nova Scotia's premier took his government off the fiscal fence Wednesday, saying it would balance the books when the spring budget is tabled next month.

Darrell Dexter's vow comes after weeks of government wavering on whether it could keep a previous election campaign promise to balance the budget by 2013-14.

"Next month, we will keep our commitment and balance the budget," Dexter told the Nova Scotia Chambers of Commerce in Halifax.

He also promised to continue balancing the books beyond the next fiscal year as the government prepares for large future projects on the horizon, such as the \$25-billion federal shipbuilding contract.

"We will continue to live within our means and balance the budget," Dexter said.

The government had hinted in recent months that it might have trouble overcoming the \$277-million deficit as promised this year because of reduced revenue from Ottawa and its offshore energy sector.

Dexter said Wednesday that

Fighting words

Progressive Conservative Leader Jamie Baillie is calling on Darrell Dexter to publicly assure Nova Scotians that there would be no "accounting trickery" in the upcoming budget.

a continued restraint of departmental spending would help the government balance the ledger.

"We have looked very carefully at every department in order to be able to ensure that we are able to bring this in under budget," he said following his breakfast speech.

He also brushed aside speculation that the government would call a snap election shortly after presenting the budget.

"We are going to have a full session of the legislature," he said.

The NDP's management of finances have come under scrutiny in recent weeks after the province's auditor general released a report last month saying the government knowingly delivered a budget last spring forecasting a deficit of \$211 million — \$27 million less than its actual projection at the time. **THE CANADIAN PRESS**



Premier Darrell Dexter speaking to reporters last month. **JEFF HARPER/METRO FILE**

Fighting bullying and mental health



Stan Kutcher

METRO FILE

Educators across Nova Scotia are learning to recognize the signs of mental-health problems, as part of the province's plan to combat bullying and cyber-bullying.

Under the plan, staff members whom students typically turn to in times of need will identify kids with potential mental-health issues, and refer the students to the appropriate resources.

"It makes good sense that if we can identify kids very

early who have a mental disorder and get them to the proper treatment, we're going to have much better outcomes," said mental-health expert Dr. Stan Kutcher, who is conducting a series of two-day training sessions.

Kutcher said most kids that turn to bullying — or who become victims — have a mild or moderate mental disorder.

"So one of the strategies is that if we can identify this

early on and get those kids proper treatment, that by itself will have an impact on the prevalence of bullying," he said.

Educators who take part in the two-day seminars will take the information back to other staff members in their board, under a "train the trainer" model.

Although he's confident the program will result in identifying youth with mental-health disorders, Kutcher

said there aren't currently sufficient resources to treat them all properly.

"We have to be able to enhance capacity in primary care to identify and treat young people with mild to moderate mental disorders," he said. "Seventy per cent of all mental disorders can be diagnosed before the age of 25. Where should we be putting our resources? In the early years."

RUTH DAVENPORT/METRO

Sleeman Dartmouth brewery up for sale

The owner of a Dartmouth brewery is putting it up for sale — and will close the plant if no buyer comes forward.

Sapporo International, the parent company of Sleeman Breweries, has an-

nounced it will sell the facility on Windmill Road in order to boost overall productivity in its North American operations.

Sleeman president and CEO Shige Yokoi says in a release the company knows

the pending sale will create anxiety for the 32 Dartmouth employees.

"By actively advancing a sale now, we very much hope to secure the jobs and viability of this brewery," states Yokoi.

"But in the long-term interests of our North American operations, we felt we needed to achieve some efficiencies of scale right away to stay competitive against our much larger continental and global rivals."

The release states that the Dartmouth brewery produces less than two per cent of Sleeman's annual volume.

The company is talking to prospective buyers who could keep the facility as a brewery. **RUTH DAVENPORT/METRO**

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NEWS

Local eatery reels in the votes



Dartmouth.

John's Lunch dubbed top fish-and-chips place in Canada by mag's readers

 HALEY RYAN
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For the owner of popular Dartmouth eatery John's Lunch, the secret to success doesn't lie in the perfect fish and chips batter.

John's Lunch was named the best fish-and-chips place in the country by readers of Canadian Living magazine, but co-owner Fotis Fatouros said his customers and employees are responsible for

A lot of fish to fry
27 kg
Amount of fish John's Lunch uses every day, according to Canadian Living Magazine.

Home cookin'

"It tastes like it's cooked at home. It doesn't have that mass-market flavour to it."

Customer Ken Godin

the recognition.

That and pure love.

"I love my customers. I love my employees. That's my family," said Fatouros during the lunch rush Wednesday, his hands moving emphatically up and down as he spoke.

"I feel like I'm 25 years old when I come here. The people who eat here, they turn and smile to me. It's good feelings," said Fatouros, who is 68 and moved from Greece in 1973 with his wife.

The small, homey diner has been serving up great food since 1969, but it was the legendary haddock fish and chips that drove Canadian Living readers to vote John's Lunch the best in the country through a Facebook poll.

"It is big deal, but my head no go like this," Fatouros joked, his hands moving out-

ward to illustrate a big ego.

The food comes from the fish market and Sambro Fisheries, and the batter hasn't changed since 1988, when Fatouros began working there.

"If it's something I can't take home to cook for my kids, I can't cook it for you," Fatouros said.

He said he still works 15-hour days and comes in every morning to make the fish for the afternoon rush, when lines of people wait to get a seat at the counter or at the handful of booths.

But Fatouros says he isn't slowing down yet.

"If you get up in the morning and you feel excited to go to work, you'll never be tired," Fatouros said.

"Hard work, honesty and care about the people around you."



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'Gem' building turns 125

Landmark. There's history in the walls of the Khyber on Barrington Street

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Warped floorboards and caked layers of paint tell the story of many tenants and are a reminder of the history witnessed by the Khyber building on Barrington Street.

The Khyber, built in 1888, is celebrating its 125th birthday this year.

"This building has meant a lot of things to a lot of people and a lot of different groups," Dusty Keleher said as he led more than 20 people on a tour of the structure on Wednesday.

The building began its life as an institute for the Church of England and provided a common place for church members to gather.

Around 1970, it was named the Khyber after both the famous Khyber Pass connecting Afghanistan and Pakistan, and for a café that took root in the building.

Today, the heritage structure is home to the Khyber Centre for the Arts.

Over the years, the Khyber's rooms have been rented to a varied group of tenants. The building has been a music venue, a café, a Second World



Carry on up the Khyber: Guests take a tour of the Khyber building on Wednesday. The Barrington Street landmark is celebrating its 125th anniversary. JEFF HARPER/METRO

War naval officers' club, a firefighters' association, a gay club, a refugee clinic and more.

Elizabeth Pacey, a member

of the Heritage Trust of Nova Scotia, said the building is "a gem of Victorian Gothic architecture with an eye-catching suspended side turret."

Trafficking charges

Two arrested in drug searches

Two men are facing drug charges after police searched four Halifax homes on Tuesday night.

Police say the searches happened on Connors Lane and Richmond, Harvard and Barrington streets, with crack cocaine, marijuana, cannabis resin, drug paraphernalia and cash seized.

The men, aged 37 and 35, are both charged with two counts of possession of drugs for the purpose of trafficking and a single count of drug possession.

They are due in court on April 16. METRO

Halifax police. Deputy chief retiring at month's end

A member of Halifax Regional Police top brass is stepping down after more than three decades with the force.

Deputy Chief Christopher McNeil plans to retire effective March 31, according to a release.

"Deputy McNeil is recognized as a champion for police ethics and discipline, diversity in policing, workplace rights, youth justice and restorative justice," the release says.

The veteran of 31 years is a recipient of the Queen's Diamond Jubilee Medal and the Officer of the Order of

Merit of the Canadian Association of Chiefs of Police.

The release says McNeil will be missed for his "extensive knowledge of policing and the law, dry wit, direct approach and con-



Christopher McNeil
METRO FILE

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CBRM could lose \$150,000 in RRFB credits

Recyclables. Provincial funding cuts a concern for municipalities

An anticipated reduction in funding from the Resource Recovery Fund Board will likely have an impact on municipal budgets across the province a year from now, affecting solid-waste programs currently in place.

The Cape Breton Regional Municipality stands to lose a projected \$150,000 in diversion credits from the RRFB in the 2014-15 fiscal year, its solid waste manager Francis Campbell said Wednesday.

"That funding is directly responsible for us being able

to have a police officer work in our department to carry out investigations of illegal dumping and to help us with enforcement of our bylaw," Campbell said.

"Those are actual people and jobs that would be directly affected if we see any negative impacts of the money coming in from the RRFB. It's very important to us."

The Halifax Regional Municipality is promoting the idea of ending duplication by cancelling the bottle deposit refund program in favour of the municipality collecting all recyclable materials through its blue bag program.

While the public can recycle such things as beer and pop bottles through any one of the

province's many enviro-depots, and collect five cents per item, Campbell said the municipality is doing the same thing.

An HRM staff report stated that if the provincial Department of Environment cancelled the deposit-refund program, municipalities would be able to supplement the decrease in funding from the RRFB with money from all the recyclables that would be collected through municipal blue bag programs.

However, while Campbell said an increase in revenue to municipal operations through higher waste diversion credits is a positive, there is much more to consider, including the fate of the CBRM's seven enviro-depots.

CAPE BRETON POST



Linemen wrangle the balance of power

Nova Scotia Power workers work on a Barrington Street pole on Wednesday. The stacks of the Tufts Cove Generating Station can be seen in the background. JEFF HARPER/METRO

Spryfield

Pizza joint robbed of cash, electronics

Halifax police are looking for suspects after a break-and-enter in Spryfield.

An alarm call came in from the Alexandra's location at 378 Herring Cove Road around 3 a.m. Wednesday. Officers arrived to find someone had broken into the restaur-

rant, stolen cash and electronics and then taken off.

A K9 unit searched the area for suspects but didn't find anyone.

Police aren't saying how much money was taken from the register. METRO

Online

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Saint Mary's

Staff vote to accept new contract

The union representing support staff at Saint Mary's University has ratified a new three-year contract. The union says the new agreement includes wage increases of 1.75 per cent in the first year of the contract. THE CANADIAN PRESS

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A full-page advertisement for H&M. It features a male model with long dark hair, wearing a dark blue blazer over a light-colored shirt, paired with light-colored trousers. He is standing against a plain, light-colored background. The text "THE PANTS COLLECTION" is prominently displayed in large, white, serif capital letters above the price information. Below the pants, the H&M logo is visible.

True icon. Stompin' Tom leaves final message to fans just before his death

Canadian country-folk legend Stompin' Tom Connors, whose toe-tapping musical spirit and fierce patriotism established him as one of Canada's strongest cultural icons, has died. He was 77.

Connors passed away Wednesday from what a spokesperson described as "natural causes."

Brian Edwards said the musician, rarely seen without his signature black cowboy hat and stomping cowboy boots, knew his health was declining and had penned a message for his fans a few days before his death.

In the message posted on

his website, Connors says Canada kept him "inspired with its beauty, character, and spirit, driving me to keep marching on and devoted to sing about its people and places that make Canada the greatest country in the world."

Connors is survived by his wife Lena, two sons, two daughters and several grandchildren.

Dubbed Stompin' Tom for his propensity to pound the floor with his foot during performances, Connors garnered a devoted following with his country-folk tunes.

THE CANADIAN PRESS



Stompin' Tom Connors died Wednesday. DARREN CALABRESE/THE CANADIAN PRESS FILE

Teacher charged

Packed van was speeding: Police

A Toronto teacher is facing charges after allegedly speeding down Highway 401 in a van with 12 students inside.

The van was pulled over near Merlin Town Line, police say.

Police say the van was travelling 146 km/h in a 100 km/h zone.

The driver, a 44-year-old teacher from Father Henry Carr Secondary School, was not licensed to be operating the van, police allege.

Paul Melnik has been charged with driving with an improper licence and speeding.

LUKE SIMONE/METRO ONLINE

Why? 'Nice' couple's killing baffles police

'Senseless' deaths in Florida. Multiple suspects hunted in murder of Canadians enjoying their retirement together

More grim details emerged Wednesday about the "senseless" homicide of a "nice" Canadian couple in Florida that has left police mystified.

Rochelle Wise, 66, and David Pichosky, 71, were killed by asphyxiation in their winter home in Hallandale Beach, police say.

But why?

They had no enemies and likely didn't know their killers, police say.

Investigators believe they are looking for multiple suspects, but haven't been able to figure out any motive.

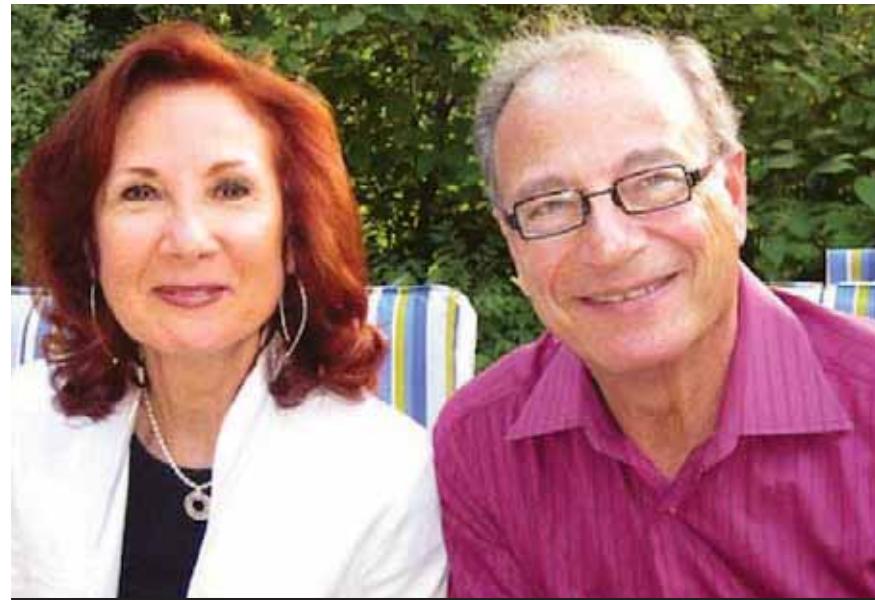
"As the details come out I believe the public will be shocked just to know how senseless this murder was," said police Chief Dwayne Flournoy.

"It angers me that someone came into this home and killed these two people who, (from) what we've been able to identify, they have no enemies.

"They were nice people. They were enjoying their retirement. They were enjoying their new marriage."

Family and friends are appealing for people to come forward with information.

Crime Stoppers USA is offering a \$51,000 reward — most of it coming from an anonymous donor.



Murder victims: Rochelle Wise and David Pichosky had no enemies, Florida police say. COURTESY SUN SENTINEL

Two lives snuffed out

Rochelle Wise and David Pichosky were married only about four years ago, reports say. Details about their life have emerged from family, friends and police.

- **Their togetherness.** They were always together, going to shows, going out to

eat, going to the temple and taking their family to the ice cream parlour when they visited Florida.

- **Their enduring love.** They were doting grandparents to their blended family and loved their life together.

Police have received fewer than 100 tips and though the force is dedicating all the resources it can to the case, they still need more information, said Flournoy — who appealed directly to people who may be involved but are "less

culpable." "We just need that one break or that one piece to the puzzle so that we can fill it all in," Flournoy said.

Wise's son Jamie said she had "worked hard her whole life and finally found love and was just starting to taste

some of the benefits of hard work.

"She'll be missed on a level you can't imagine by people she knew, by her family, by her friends, by her community. It's unimaginable."

Pearl Gladman, a friend of the couple, pleaded for anyone with information to call police.

"I miss her terribly. When the phone rings and it's a long-distance ring I still think it's her calling me from Florida just to chat," Gladman said.

"Whatever anybody knows, just think if it was your family or if it was someone that you loved."

"Just help us get an end to this." THE CANADIAN PRESS

Drink laws lax: Report

Alcohol is one of the greatest public-health threats in Canada, a sobering new report suggests.

And the provinces, it says, are not doing enough to curb its deadly potential.

The report was published Wednesday by the Centre for Addiction and Mental Health.

Lead author Norman Giesbrecht, a senior scientist at CAMH, said it is mind-boggling how lax harm-reduction policies are.

Giesbrecht's report ranks provinces on 10 key harm-reduction policies, including



The report wants health warnings on alcohol, like those on cigarette packs. TORSTAR NEWS SERVICE

ranked last, and Giesbrecht was disappointed with each province's score.

"There's lots of room for improvement," he said. "Alcohol does not get a lot of attention in regards to prevention."

"We have a very high rate of alcohol problems," said Giesbrecht. "We have to give it more attention if we want to reduce the harm."

The report recommends all provinces set minimum prices to discourage excessive consumption and price alcohol by its strength.

TORSTAR NEWS SERVICE

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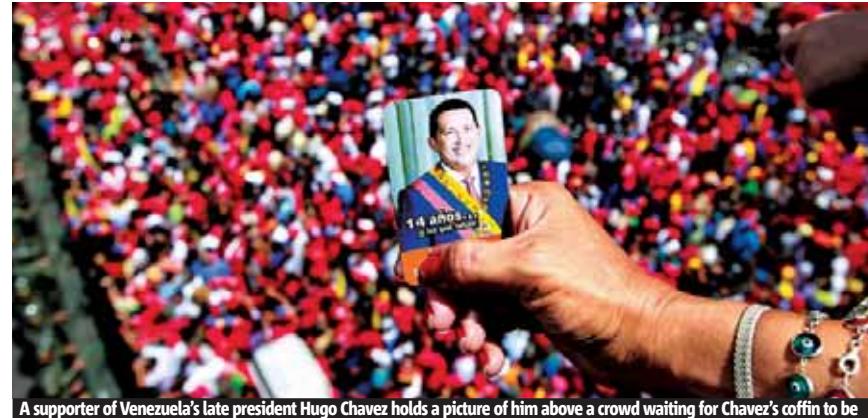
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'The fight goes on! Chavez lives!'

Venezuela. Tens of thousands line the streets of Caracas, mourning the death of their influential socialist leader

A flag-draped coffin carrying the body of the late Venezuelan president Hugo Chavez floated over a sea of supporters on Wednesday on its way to a military academy where it will lie in state. Away from the procession route, jittery Venezuelans facing an uncertain future without their larger-than-life leader flocked to supermarkets and gas stations to stock up on supplies, preparing for the worst a day after Chavez succumbed to cancer.

Tens of thousands lined the streets or walked with the casket in the capital, many weeping as the body approached, led by a grim drum major. Other mourners pumped their fists and held aloft images of the late president, amid count-



A supporter of Venezuela's late president Hugo Chavez holds a picture of him above a crowd waiting for Chavez's coffin to be taken from the hospital, where he died on Tuesday, to a military academy where it will remain until his funeral in Caracas.

RICARDO MAZALAN/THE ASSOCIATED PRESS

less waving yellow, blue and red Venezuelan flags.

"The fight goes on! Chavez lives!" the mourners shouted in unison, many through eyes red from crying late into the night.

Chavez's bereaved mother, Elena Frias de Chavez, leaned against her son's casket, while a priest read a prayer before the procession left the military

hospital where Chavez died at the age of 58. Vice-President Nicolas Maduro, Chavez's anointed successor, walked with the crowd, along with Cabinet members and uniformed soldiers.

"I feel so much pain. So much pain," said Yamile Gil, a 38-year-old housewife. "We never wanted to see our president like this. We will al-

ways love him."

The former paratrooper will remain at the military academy until his Friday funeral, which promises to draw leaders from all over the world. Already, the presidents of Argentina, Uruguay and Bolivia have arrived to mourn a man whose death leaves an enormous void in the region's anti-American left.

THE ASSOCIATED PRESS

Chavez's legacy

World leaders react

Some cried, some cheered. Many Latin Americans mourned the death of Venezuelan president Hugo Chavez, leaders in Europe and Asia sent condolences and Iran's president predicted great works in the afterlife.

U.S. President Barack Obama, meanwhile, focused on "a new chapter" for Venezuela, following 14 years in which Chavez cast himself as a bulwark against U.S. domination.

Chavez was seen as a hero by some for his socialist programs, his anti-U.S. rhetoric and gifts of cut-rate oil. Others considered him a bully who repressed his opponents.

A teary-eyed Bolivian President Evo Morales, one of Chavez's closest allies and most loyal disciples, de-



Supporters of Venezuela's late president Hugo Chavez embrace as the coffin containing his body passes in the street.

RODRIGO ABD/THE ASSOCIATED PRESS

clared that "Chavez is more alive than ever." Officials in Cuba, Iran and Russia had effusive praise for the late leader.

President Mahmoud Ahmadinejad of Iran announced a day of mourning and compared Chavez to a saint, saying he will "return on resurrection day."

THE ASSOCIATED PRESS



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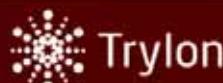
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the Bay la Baie

HUDSON'S BAY LA BAIE D'HUDSON

Top, the groovy, decades-old Bay logo recognizable to all Canadians is being replaced by the more modern and streamlined version shown underneath. The retailer will now be known as Hudson's Bay instead of the Bay. HBC

Goodbye, swirly B: Bay gets rebranded

Modern makeover.

Retailer will now be called Hudson's Bay and use updated logo

The Bay is going back to its roots under a plan to rebrand its operations with a different name and new logo. The department store retailer says it will now be

called Hudson's Bay, a nod to its parent company.

A refreshed logo uses the company's name in a simple type face. The full version resurrects its corporate coat of arms, which features a shield and cross, as well as beavers, a fox and two elk.

A spokeswoman for the company says the rest of the rebranding effort will roll out

over time. The new logo already has been incorporated into the company's loyalty program, which will now be called Hudson's Bay Rewards.

The retailer called the reworking of its brand "a marriage between yesterday's history and tomorrow's vision." Plans are to gradually take down The Bay signs at its retail locations. THE CANADIAN PRESS

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Mobile users beware: Web pages now hog 720 KB

Devouring data. HTTP Archive warns the size of an average page has grown 35% in past year

Think viewing a few websites on a smartphone doesn't use much data? Think again.

The average size of a web page continues to grow unabated, a trend that mobile users in particular should take note of.

According to the website HTTP Archive, which regularly studies the top 10,000 most-visited sites online, the average web page now weighs in at about 1.3 megabytes, up about 35 per cent in the last year.

It's not a big data hit when accessing the web at home but it's a different story for users with limited data al-

lowances for their mobile phones.

HTTP Archive suggests the average web page when browsing on a mobile device — accounting for the fact that some websites have mobile-optimized pages and others don't — is about 720 kilobytes.

"That is quite large, that size has really grown a fair bit," says Guy Podjarny, an Ottawa-based web-performance researcher who works for the company Akamai. "Anything that is over the 700 kilobytes or 800 kilobytes range I would mark as too heavy for mobile."

Given that many mobile providers sell plans that start at 150 megabytes a month, basic web browsing — nevermind streaming of audio or video, which quickly gobble through data — could quickly deplete that allotment.

THE CANADIAN PRESS



A cleanup worker uses a shovel to remove thick oil that washed ashore from the Deepwater Horizon oil spill in the Gulf of Mexico on July 1, 2010, in Gulfport, Miss. GETTY IMAGES FILE

BP trial. Ex-supervisor says he didn't feel pressured to sacrifice safety before spill

A retired BP employee who supervised drilling operations on the rig that exploded in the Gulf of Mexico testified Wednesday that he never felt pressure to sacrifice safety to save money, even though the project was behind schedule and over budget.

"I don't believe in pushing people to keep schedules. I'm just not going to do it, especially if safety is involved," former BP well site leader Ronnie Sepulvado said at a federal trial designed to assign fault for the

deadly disaster to the companies involved in drilling BP PLC's Macondo well.

Sepulvado wasn't on the Deepwater Horizon rig at the time of the April 20, 2010, well blowout. He left four days earlier because his well-control certificate was about to expire.

His replacement, Robert Kalusa, and fellow BP well-site leader Donald Vidrine are charged with manslaughter in the deaths of 11 rig workers and await a separate trial.

THE ASSOCIATED PRESS

Annual reports

Want to know how Swatch did? Better know some Swiss German

How to show your attachment to your small Alpine country when you're a globally known watch manufacturer? Try writing your annual financial report in the local dialect impenetrable to outsiders.

Swatch Group AG issued its 216-page report for 2012 in Swiss German — an idiosyncratic form of the language that often baffles other native German speakers.

Chairwoman Nayla Hayek said the language switch was meant as "a positive provocation" and she was confident the Swiss "will respond to this expression of our deep connection to our roots with a wink."

THE ASSOCIATED PRESS

Market Minute



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WHOOPS! I'M ONLY SORT OF SORRY

I'm sorry I've never said sorry.

"Sorry" has always seemed to be the hardest word, but in 2013 I've seen the error in my thinking. Between bracelet aficionado Lance Armstrong, football coach Rob Ford and anti-shirt activist Justin Bieber, I see now that sorry is the quickest, easiest path to redemption.

Whether you say sorry on Twitter, to Oprah or at a staged media event, you can take your dirty laundry and stuff it in the hamper of history, even if it never actually comes clean.

You'll notice I never said that these men apologized. I only noted that they said the word "sorry." There's a difference.

As I understand it, perhaps naively, an apology involves admitting you were wrong, offering no excuses, and owning your mistake.

Cyclist Armstrong appeared with Oprah and said sorry for using performance-enhancing drugs but also said he never considered it cheating. Oprah, a.k.a. Pope No. 3, still offered absolution and said Armstrong could be a hero again."



HE SAYS
John Mazerolle

metronews.ca

Toronto Mayor Rob Ford, when it looked like he might lose his job, said he was sorry "to everyone who believes I should have done this differently." That's sincere in its half-heartedness, at least, though it's hard to fit on a Hallmark card.

And singer Bieber had to apologize for taking the stage at a London concert at 10:30 p.m., which is past his fan base's bedtime. It's a minor transgression, to be sure, but the fact he tweeted that "there is no excuse for that" while blaming "technical issues" in the same bird-breath has me assuming he's begun the inevitable downward spiral of a teenage pop star and in eight years will look just like Keith Richards.

Seeing that I can say sorry for my misdeeds without the pain of any emotional heavy-lifting has inspired me to step up. I'm going to follow the example set by these wise men, and soon I'll be sorry too.

Here goes.

I'd like to say sorry to my mother for stealing her Chatelaines and Redbooks when I was 11 years old so that I

might peruse them for lingerie ads and illustrated guides to breastfeeding. I'd also like to say sorry to the teenage boys who found my magazine stash in the woods and, after an initial flush of excitement, loomed gravely over the pages, looking sad and whispering aloud, "Why would anyone DO this?"

With your permission, ladies and gents, I'd like to be a hero again.

Furthermore, I'd like to say sorry for the times that I have dropped a half-full cup of coffee into a mall garbage can because I'd been too lazy to find a sink. I apologize sincerely to anyone who thinks I possibly could have done this differently, though I frankly don't see how.

I also apologize for when I do it in the future.

Finally, I'm sorry that I have coveted my neighbour's ox. Like, a lot. There's no excuse for that, but I've had some technical difficulties.

Pew! Wow, that really works. I feel better!

Maybe you need to say sorry too? Perhaps you have a hard time apologizing?

Well, I challenge you to step forward and see how it feels to sort of, kind of, in a way apologize. After all, you're better safe than sorry.

No, wait.

Clickbait

Reddit is the reigning champ of the Internet's thriving time-sink industry, providing daily bumper crops of cat pics and Good Guy Greg memes. This week, there's the irresistible Absurd Business Insider Headline Hall of Fame.



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Letters

RE: Thanks for the Mammarys, published March 5

I think it's really important that the issues raised by Jessica Napier be widely read and I can't think of a better place than a free, widely available and distributed community newspaper like Metro. I hope Jessica's frank and direct writing allows others to see how insane and damaging it is to focus so much attention on mere body parts.

Jesse Kelly, London, Ont.

Twitter

@metropicks asked: What makes a "real hipster"?

@theunshakable1: Hipster: someone who spends more money on one outfit than I do on my entire wardrobe just to appear homeless without a care.

Follow @metropicks and take part in our daily poll.

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Send us your comments: halifaxletters@metronews.ca

ZOOM

Look, ma: I'm upside down



Canopy reflects wharf's heritage

The crowds appear to walk upside down but on closer inspection this surreal sight is of a giant mirrored canopy.

Recently unveiled in Marseille, France, the Vieux Port pavilion — constructed by architectural firm Foster + Partners — is made of a highly polished stainless-steel covering designed to reflect the city's UNESCO

World Heritage-listed harbour.

"At last in Marseille, when you are with your children, you can take in the city's hustle and bustle — without the shopping," Gaëlle, a Marseillaise who came with her two daughters, told the newspaper Le Monde.

The cost of the project, which took one year to construct, amounted to \$60.3 million, sources say.

METRO WORLD NEWS

Mirror image

"It's quite literally a reflection of its surroundings — its lightweight steel structure is a minimal intervention and appears as a simple silver line on the horizon."

Spencer de Grey, head of design, Foster + Partners

See for yourself

"Our approach has been to work with the climate, to create shade, but at the same time to respect the space of the harbour — just making it better."

Lord Norman Foster, British architect and head of architectural firm Foster + Partners



Dartmouth's Joel Plaskett says the East Coast Music Association has been beneficial to his career. CONTRIBUTED

2
SCENE

ECMAs hit all the right notes

From Rankins to rock.
Association celebrates
25 years of East Coast
musical history



BACKSTAGE
PASS

Jenna Conter
halifax@metronews.ca

She's the executive director of Jazz East, the producer of In the Dead of Winter Festival, the owner of The Company House and chair of the

East Coast Music Association. So really, who better than Heather Gibson to talk about the East Coast Music Awards' (ECMA) 25th anniversary? The EMCA is a five-day music event that kicked off Wednesday and runs through Sunday in Halifax.

With a front-row seat to the evolution of East Coast music, Gibson acknowledges that while our early musical history may invoke images of bagpipes and plaid kilts, even with the latest lean into modern rock and metal, the stories stand the test of time.

"I think there was definite-

ly a time that what was coming out of here and beyond our regional borders was Celtic. In addition to that, the province had us advertised with kilts and bagpipes," Gibson said. "But I think it goes back to song writing — it's so deeply entrenched here."

Names like Anne Murray, Ashley MacIsaac, Natalie MacMaster and Rita MacNeil brought industry attention to the region. As the music went from Rankins to rock, the industry began to grow.

Through it all, Joel Plaskett of Thrush Hermit, The Emergency and many suc-

cessful solo pursuits, continues to reap the benefits of the association.

"I've watched the industry side of [East Coast music] grow and the ECMAs represent the singer/songwriter side as well," he said. "There are categories for more genres and frankly it's been a huge part of me building my story out here."

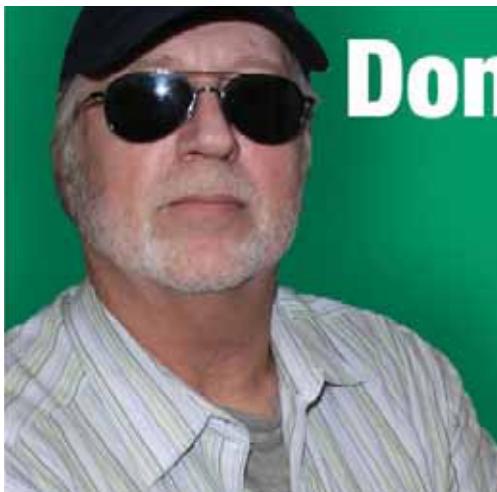
Holding his own in HRM as colleagues and friends sought higher ground in places like Toronto, Plaskett, who Gibson refers to as "the ambassador" for East Coast music, continues to work with the industry that he has helped

What's going on

Visit ecma.com for a complete listing of events taking place in Halifax.

to build in our region — without which, he said, his music would not be a true reflection of him as an artist.

"I stayed here because I like it so much but also there was this kind of organization and momentum and I recognized I didn't have to move to get international recognition," he said.



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They know Jack — actors grilled Chow on late husband

Piecing together a life. Stars of CBC-TV movie relied on details from his wife to colour their performances

Olivia Chow says she was determined to ensure that the upcoming CBC-TV movie about late New Democratic Party leader Jack Layton offered a complete picture of her husband.

That meant succumbing to intense "grilling" by stars Rick Roberts, who plays Layton, and Sook-Yin Lee, who plays Chow — as well as executive producer Laszlo Barna, a giant in the field whose past projects have profiled Celine Dion, Shania Twain and Romeo Dallaire.

Still, there was one thing Layton's widow refused to reveal — the cancer that killed him. Chow has never identified what exactly led to Layton's death in August 2011, and although Barna pressed her to

reveal it now, she refused.

"Cancer is vicious and we decided — I decided and Jack decided — not to talk about the one that actually killed him," Chow said in a recent interview to promote the film. "We talked about prostate cancer but prostate cancer is infinitely curable. And a lot of men have prostate cancer. We don't want to inflict despair into people that have a serious cancer disease that can take you in a few weeks."

The film *Jack* kicks off in early 2011, about a year after Layton revealed he was diagnosed with prostate cancer.

Boasting that his health has rebounded, he embarks on a federal election campaign to lead the New Democrats to unprecedented wins, achieving official Opposition party status for the first time in the party's 50-year history in May 2011. He died just months later at age 61.

Through flashbacks, the film traces Layton's rocky journey from Toronto municipal politics to the national stage,

as well as his love affair with Chow.

The slim Roberts says it required two hours of makeup and prosthetics to make his oval-shaped face appear more like Layton's square-jawed visage.

"There are people I work with who wouldn't recognize me on the street," Roberts said.

Lee's transformation included hair extensions, wearing '80s-era shoulder pads and learning some Cantonese.

"The harder part for me was piecing together her personality," said Lee, a former MuchMusic VJ best known these days as host of CBC Radio's weekly show *Definitely Not the Opera*.

"She's a woman of few words — very few words — and even with this litany of questions that we assailed her with she would answer in a very brief (way). And I kept sending more and more questions to her and they were equally as brief. So I just had to sort of lean on my investigative ability

as a journalist."

Lee says she spoke with Chow's best friend and tracked down one of Chow's pals from high school to gain insight.

Still, Lee says Chow generously loaned the cast personal belongings, including her clothes, Layton's cane and their bicycle to make the film as authentic as possible.

Lee admits it was "a bit unnerving" to wear the same tailored dress Chow donned for the Ottawa press conference at which Layton stepped down, while Roberts found himself more nervous than usual in handling the film's props, especially Layton's cane.

"I dropped it once and I felt awful," he said.

"You feel like, 'Am I holding something that will end up in museum one day?' It really focuses you and gives you a really specific thing to go for, which is pretty rare and great."

Jack airs on CBC-TV on Sunday.

THE CANADIAN PRESS

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Community returned as a mid-season replacement in February — for the first time without any involvement from creator Dan Harmon. THE ASSOCIATED PRESS

There's trouble in the Community

Turmoil. Cast talks about behind-the-scenes strife of the cult hit series — and what its uncertain future may hold

Nothing's certain in network television, but things have been especially uncertain on the set of *Community*, the quirky college sitcom that's been a cult favourite, but never a mainstream hit.

"Near cancellation," actress Gillian Jacobs said before a PaleyFest tribute to the series Tuesday night. "On the schedule, off the schedule. Tell us one night. We never air on that night. We lose a creator of our show. Reduced episodes. Every-

thing that can happen has happened to us."

Cast member Chevy Chase left the series without even finishing up the current season, months after the show creator Dan Harmon was fired by *Community* distributor Sony Pictures Television. (Chase bolted with two episodes unfinished — and according to cast members, doesn't appear at all in one of them.)

"It's always tough to lose people," said actress Alison Brie. "It's very strange and weird. So I can only imagine that coming back for a fifth season without Chevy would also be weird. But, luckily, it didn't affect us too much this season."

Community returned as a mid-season replacement in February — for the first time without any involvement from creator Harmon.

"I think, as far as season four as a whole, I think the heart is still there," said actress Yvette Nicole Brown. "There's a lot of really great adventures to come. You guys haven't seen the best that this season has to offer yet, so I'm excited for you to see it."

As usual, the future of *Community* is in question. Brie said a fifth season is by no means a given. The series' latest episodes have been clobbered in the ratings by its powerhouse competition, *The Big Bang Theory*.

As for a possible series finale? "If I had a super-wish list, it would be the biggest paintball (fight)," answered actor Jim Rash — "like the world needs to be saved and only *Community* can do it. That would be a good way to end."

THE ASSOCIATED PRESS

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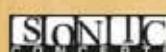
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James Franco thinks it would be awesome if a high-profile Hollywood actor would just come out of the closet already. ALL PHOTOS GETTY IMAGES

Gay rumours partly me: Franco

James Franco is willing to admit he's at least partially responsible for any speculation about whether he's gay or straight. "One of the things that's very much part of my public image is the question of my sexuality," he tells *Attitude* magazine. "It's not something that bothers me

in the slightest. ... It's partly my doing and partly not my doing." But what he's really interested in is a high-profile actor coming out of the closet. "If there's somebody that was well-respected and very secure with their career, I could see it happening in a very positive way."



Which circle of hell will Tina Fey end up in for her Golden Globes jab, Taylor Swift wonders.



Taylor Swift can't take a joke

Taylor Swift is making some powerful enemies. She responded to Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes ceremony. "You know, Katie Couric is one of my favourite people," Swift tells *Vanity Fair*. "She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who

don't help other women.'" While Fey expressed surprise at Swift's annoyance, Poehler has a response of her own: "Aw, I feel bad if she was upset," Poehler tells *The Hollywood Reporter*. "I am a feminist and she is a young and talented girl. That being said, I do agree I am going to hell. But for other reasons. Mostly boring tax stuff."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jones was wasted when she made out with Miley's fiancé: Source



THE WORD

Dorothy Robinson
[scene@metronews.ca](#)

Rumours have been swirling around Miley Cyrus' fiancé Liam Hemsworth and Mad Men star January Jones getting "hot and heavy" at a pre-Oscar party at the Chateau Marmont in February and now *Life & Style* has additional dirt on the illicit hook-up.

"They went to a private house party, and right in the

middle of the party, January was clinging to Liam, saying, 'You're so handsome,'" a guest reveals in the new issue of *Life & Style*. "He kept saying, 'We can't do this here.' Then they left holding hands and went out in the hallway and were making out. She was wasted. It wasn't good."

For their part, the magazine has pictures of the two stars riding in a car together on the night in question. "When it comes to men, January just goes for it," another source tells the magazine. "She doesn't seem to care if they're with someone or not. It's like a challenge for her, a game."

As challenges go, drunkenly making out with Liam Hemsworth seems like an easy one. What about climbing Mount Kilimanjaro? Or staying off of Facebook for an entire week? Those are actual challenges, January.



Bizarre accusations: One of Gaga's fans claims Madonna encouraged gay men to have unprotected sex during the height of the AIDS crisis.

Little monster alleges Madonna helped spread AIDS

Lady Gaga's fans are continuing the singer's feud with Madonna whether she wants them to or not, this time even accusing the Material Girl singer of helping the spread of AIDS. In a post on the *Gaga* fan blog Little Monster Artpop, a *Gaga* fan criticizes the Gay and Lesbian Alliance Against Defamation (GLAAD) for picking Madonna to present an award to Anderson Cooper at



@justinbieber
Lovin London. #goodtimes

their awards ceremony next week. "Back in the 1980s, she encouraged gay men to have unprotected sex," read the post, which was removed shortly after garnering media attention. "While she certainly didn't start the disease, she and her lack of morals helped it spread." The post's author vowed to "strike back" in an unspecified manner if GLAAD did not choose another presenter.



@solangeknowles
My son will be up wanting breakfast in 2 hours.
What am I doing with myself?



@EmWatson
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Landing smoothly and stylishly on the runway

Run Tilda, run.

Model Tilda Lindstrom reveals her beauty tricks for fighting sugar cravings, skin breakouts and bloat

RICHARD PECKETT
life@metronews.ca

It's fashion month and the going is tough for the world's most sought-after models. How do you keep yourself feeling healthy and looking hot during this exciting but exhausting time?

"I drink a lot of green juices. I like anything with spinach, kale, celery, ginger and lemon. I can't handle too much dairy during the shows because I'm lactose intolerant. It makes me feel bloated and it's bad for my skin."

"I love Lindt Sea Salt chocolate, but I had to give it up. Sweet food gives me a massive sugar rush, which is inevitably followed by a crash."

"So during the shows, I'll snack on macadamia or brazil nuts and green apples if I need an energy boost."

1 run = 1 cheeseburger

"I do so much walking during casting season that I don't have time to workout. If I have time I go for a run, but that doesn't happen very often — maybe once every two months. And then I indulge in a cheeseburger."

Staying clear of rashes and breakouts



In 2012, this Swedish beauty walked more spring runways than any other model – 68 in total. HANDOUT

"I clean my face after every single show. I bring my own Chanel eye makeup remover because I'm sensitive to the MAC one that they use backstage."

"It gives me rashes and a red face! And there's not much you can do about a blemish but cover it up with concealer and drink as much water as

possible to clear your skin out."

NYC to London to Milan to Paris

"I get really puffy when I fly. But drinking coconut water and taking vitamin C seems to help. I also use a cooling eye mask the morning of a show if my face is still a bit swollen."

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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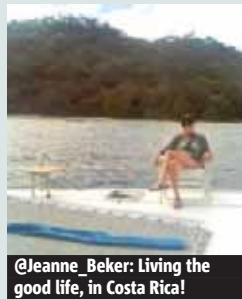
@Jeanne_Beker: What's the best way to psych yourself to get back into the work mode? My vacation's coming to an end. :(

@PiperGilles: finding a new project to work on :)

@maryjanestitt: Only @Jeanne_Beker can look so elegant as she tweets aboard a catamaran hurtling through space!



@Jeanne_Beker: From where I lie... Cruising the Pacific on a Sunday afternoon!



@Jeanne_Beker: Living the good life, in Costa Rica!

Tilda's top 5 fashion week essentials

Rosebud Perfume Co. Smith's Rosebud Salve



"I love this!"
sephora.com

MAC Studio Finish SPF 35 Concealer



"I don't really wear makeup. This is basically all I use."
maccosmetics.com

Dermalogica: clearing skin wash and active moist moisturizer



"I have very sensitive skin and Dermalogica works really well for me."
dermalogica.com

YSL Rouge Pur Couture the Mats in Rouge Rock



"If I'm going out, I keep my makeup simple. I don't wear any eyeshadow, just a dark red YSL lipstick."
yslbeautyus.com

Chanel: Démaquillant Yeux Intense, gentle bi-phase eye makeup remover

"I take my makeup off after each show."
chanel.com

The Kit

Canadian street style

Spotted in: Toronto

Madison

Actress

Age: 24



shoes.

THE KIT PHOTOBLOGGER:
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3
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Seasonal designer deals

Throughout the year sales are almost guaranteed when clearing out old stock and bringing in new items. But knowing exactly when old stock is being discounted is the key to saving money on large ticket items. Everyone knows the best time to buy a winter coat is at the end of winter, and buying a snowmobile in the middle of summer can get you the best deal. But what about those home-related items we all need? Here's a list of some big savings you should expect over the next month or two.



Chinaware and flatware

Spring is when new tabletop designs are introduced (just in time for June weddings). Older china and flatware patterns go on sale to make room for the new stuff.

Tip: If you have a great collection already, look for pieces to complete your set on sale. If investing in new tableware, keep the colours neutral so that the look stays current for a long time.

Perfume

The two biggest times for perfume sales is Valentine's Day and Mother's Day, so those in-between months is when perfume companies love to have promotions.

Tip: Perfume keeps for a very long time. Consider buying as Christmas gifts.



Luggage

Many travel throughout the summer and just before that time is when new luggage styles are introduced. Look to the early spring for retailers clearing out old styles.

Tip: The full set deals are the most economical. Shop with a friend and split up the set.

Cookware

Not a lot of pot/pan sales happen until fall, when retailers often have great incentives to purchase full sets.

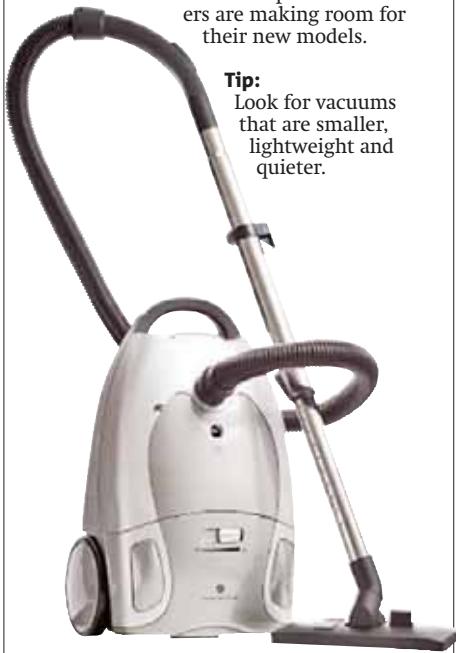
Tip: Fall is a great time to purchase some as a wedding gift or for a second set for a cottage and buying a full 10-piece boxed set will usually offer up the best value overall.



Vacuum cleaners

Spring cleaning time starts in April and retailers are making room for their new models.

Tip: Look for vacuums that are smaller, lightweight and quieter.



Televisions

The biggest time for television sales is the fall and early winter. After Christmas there isn't much promise for selling televisions as we start thinking about spring/summer activities, so retailers are trying to get rid of the 2012/early 2013 models.

Tip: Buy your television ahead of a family room renovation and keep it boxed until the reno is finished.



DESIGN CENTRE

Karl Lohnes
home@metronews.ca

Houses & condos

April is when most homes get listed for sale. That means the best selection and often the best competitive prices you will see. If you wait until the summer months you will find either the less desirable homes that haven't sold yet or a very limited choice on the market.

Tip: Don't underestimate the potential of a less expensive place and adding some custom upgrades yourself. You'll then have exactly what you wanted without spending any more money.

"Off-season" shopping

1 Do your research. When it comes to technology, things move quickly. Find out what features will be new in 2013 and see if any of them may have been introduced on last year's models.

2 Buy in full sets. Whether it be buying luggage, china, bedding or cookware, purchasing the entire set will generally reap larger savings overall.

3 Keep things neutral. A simpler colour will tend to last a lot longer than last year's trendiest colour.

4 Buy ahead of the game. Purchasing perfume for a friend's future birthday gift, tableware as a wedding gift or a television prior to your renovation will allow you to save money on something you inevitably would be buying anyway.

Stock-up and Save on all your Spring Cleaning essentials!

Visit these participating retailers this weekend
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so quick, so good![™]

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No 'off switch' for Huskies superstar guard Colley

AUS basketball. Saint Mary's standout keeps getting better and better

 **ANDREW RANKIN**
andrew.rankin@metronews.ca

If Justine Colley has ever given less than her best in a practice, much less a game, her coach hasn't noticed.

For Scott Munro, the Saint Mary's Huskies women's basketball bench boss, there's no one moment that can possibly define the three-time Canadian Interuniversity Sport scoring champion's will to win.

It comes down to a season of sacrifice.

"I've never coached anyone who wants to win more than her," said Munro, who's coached the five-foot-nine guard during her four years with the team.

"She doesn't have an off switch. She's our most vocal person every day. She raises everybody's game."

Her numbers need no embellishment. The East Preston native led the CIS in scoring this year with 28.2 points per game. She topped her own Atlantic University Sport single-

Semifinal sure thing

Saint Mary's, thanks to finishing first during the regular season, has an automatic bye into Saturday's semifinals.

Deontay Smith

North Preston native named top AUS rookie

Prince Edward Island Panthers guard Deontay Smith of North Preston has been named AUS men's basketball rookie of the year.

Smith finished fifth in league scoring with 17.3 points per game, second in assists (4.4 per game) and seventh in league rebounding with seven per game. METRO

season record with 565 points in just 20 games. She also ranks No. 1 in the CIS in steals with 78 and eighth in assists with 85.

But for someone who cites six-time NBA champion Michael Jordan as her biggest sporting hero, Colley insists all the awards and accolades would mean little without a national title.

Yet, she isn't taking one for granted.

Ranked fourth in the CIS, the Huskies will begin that journey this weekend as the No. 1 seed in the AUS championship in Fredericton.

"We know we have it in us but we have to play our best every game. If we don't then we won't be successful."

As dominant a player as she is, she remains humble, acknowledging all of the op-



Justine Colley of the Saint Mary's Huskies in a game this season against the Dalhousie Tigers. JEFF HARPER/METRO

portunities she had to fulfill her potential.

"My parents have always been there to support me. My experience, like being a member of the Canadian junior

women's development team, allowed me to be the player I am."

She has pleasantly refused NCAA offers. None were the right fit.

Saint Mary's has been. She's on pace to eclipse the AUS career scoring record in her final year next season.

"I haven't regretted that decision one bit."

QMJHL. Drouin nursing minor leg injury: Russell

Jonathan Drouin's bid to win the QMJHL scoring title will have to wait at least until Friday.

The Halifax Mooseheads forward is nursing a minor leg injury and was out of the lineup for Wednesday's road matchup against the Bathurst Titan.

Drouin, who went into Wednesday night's action leading the league in scoring with 98 points, is recovering from a knee-on-knee collision in Saturday's matchup against the Val-d'Or Foreurs.

But Russell stressed that the injury isn't serious and he'd be

playing if it were the playoffs.

"It made more sense to rest him than stick him on the bus for 10 hours today."

Russell said the organization is pulling for Drouin to win the league scoring title, but not at the expense of his health.

"We want to give him every opportunity to achieve that goal but at the same time we don't want to put him in a situation he's not ready for if he's not 100 per cent. We're leaving the decision up to him when he's comfortable to play."

ANDREW RANKIN/METRO

Mooseheads vs. Titan

Herd suffer minus top players

The Halifax Mooseheads were without their biggest guns and it showed in Bathurst on Wednesday night.

Minus their No. 1 and No. 3 scorers, as well as their starting goalie for most of the game, the Mooseheads lost a sloppy 8-7 overtime decision to the Bathurst Titan at the K.C. Irving Centre.

"It was a crazy game where everything fell on the offensive side," said Mooseheads head coach Dominique Ducharme.

Down 5-3 going into



Mooseheads goalie Chris Clarke
JEFF HARPER/METRO

the third period, the Mooseheads scored four straight goals to take a 7-5 lead before Rafael Lafontaine and Marc-Olivier

Brouillard tallied two goals inside of two minutes to knot the contest at 7-7 with 5:34 left in regulation time.

That's when Zach Fucale came in relief for backup goalie Chris Clarke, who made just 15 saves.

Matthew Bissonnette

scored the game-winner just 1:39 into the extra frame.

Ducharme took the loss in stride, pointing out that his squad has allowed the least amount of goals in the league and would regroup in time for Friday's home game against the Moncton Wildcats.

Luca Ciampini led the Mooseheads with a pair of goals while Konrad Abels-hauer, Darcy Ashley and Martin Frk each had a goal and a pair of assists. Brent Andrews and Max Lindsay rounded out the scoring for the Mooseheads.

Brouillard led the way with two goals and a pair of assists for Bathurst.

ANDREW RANKIN/METRO

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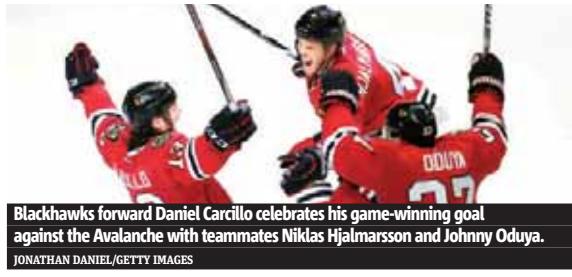
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SPORTS

Carcillo heroic in latest Hawks victory



NHL. Late goal vs. Avalanche extends Chicago's point-getting streak to 24 games

Daniel Carcillo scored the tie-breaking goal with 49.3 seconds left in regulation and the Chicago Blackhawks won their

11th consecutive game, beating the Colorado Avalanche 3-2 on Wednesday night to extend the best start in NHL history.

Jonathan Toews and Andrew Shaw also scored for Chicago (21-0-3), which reached the halfway point of a lockout-shortened season without losing in regulation. The remarkable Blackhawks have earned at least one point in their first

24 games.

The Blackhawks broke the previous team record for consecutive wins with their 10th in a row Tuesday night, 5-3 over Minnesota.

Chicago's overall points streak is the second-longest during one season in NHL history. The 1979-80 Philadelphia Flyers set the league record at 35 games with a 25-0-10 run.

Carcillo knocked in a rebound with a backhand shot, his first goal of the season, after Semyon Varlamov made two in-close stops on Viktor Stalberg during a scrum in the crease.

Toews scored a highlight-reel, short-handed goal early in the third period, beating two Avalanche players to tie the score 2-2.

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NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB	GP	W	L	OL	GF	GA	Pt
Miami	45	14	.763	—	Pittsburgh	23	15	8	81	67	30
New York	37	21	.638	7/6	New Jersey	23	10	8	56	65	25
Indiana	38	23	.623	8	NY Rangers	21	11	8	55	53	24
Brooklyn	35	26	.574	11	Philadelphia	24	11	12	1	68	72
Atlanta	34	26	.567	11/6	NY Islanders	23	10	11	2	70	78
Chicago	34	27	.557	12	Toronto	24	38	.387	22/2		
Boston	33	27	.554	12/6	Philadelphia	23	37	.383	22/6		
Milwaukee	30	28	.517	14/6	Detroit	23	40	.365	24		
					St. Louis	22	11	9	2	64	67
					Nashville	23	9	5	47	59	23
					Columbus	23	7	12	4	53	69
											18

NHL

EASTERN CONFERENCE

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	23	14	5	4	71	59	32
Boston	20	14	3	3	60	46	31
Toronto	24	15	9	0	73	61	30
Ottawa	24	12	8	4	56	49	28
Buffalo	24	9	13	2	63	77	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	22	13	8	1	67	62	27
Winnipeg	22	10	11	1	56	68	21
Tampa Bay	23	10	12	1	81	73	21
Washington	21	9	11	1	59	62	19
Florida	23	7	11	5	59	83	19

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results

Toronto 5 Ottawa 4
Chicago 3 Colorado 2
Calgary 4 San Jose 1
Phoenix at Anaheim
Tuesday's results
N.Y. Islanders 6 Montreal 3
Florida 4 Winnipeg 1
Columbus 4 Edmonton 3 (SO)
San Jose 3 Vancouver 2 (SO)
Carolina 4 Buffalo 3
N.Y. Rangers 4 Philadelphia 2
Tampa Bay 5 New Jersey 2
Washington 4 Boston 3 (OT)
Los Angeles 6 St. Louis 4
Chicago 5 Minnesota 3
Detroit 2 Colorado 1
Thursday's games — All times Eastern
Buffalo at New Jersey, 7 p.m.
Montreal at Carolina, 7 p.m.
Vancouver at Columbus, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
NY Rangers at NY Islanders, 7 p.m.
Toronto at Boston, 7 p.m.
Florida at Washington, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Winnipeg at Tampa Bay, 7:30 p.m.
St. Louis at Phoenix, 9 p.m.
Dallas at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	11	25	36
Stamkos, TBL	17	17	34
Saint Louis, TBL	6	24	30
Vanek, Buf	12	16	28
Staal, Car	12	16	28
Kunitz, Phg	12	16	28
Tavares, NYI	14	13	27
Kane, Chi	12	15	27
Voracek, Phi	10	17	27
Moulson, NYI	11	14	25
Ribeiro, Wash	8	17	25
Getzlaf, Ana	8	17	25
Zetterberg, Det	6	19	25
Kadri, Tor	9	14	23
Datsyuk, Det	8	15	23
Giroux, Phi	7	16	23
Semin, Car	6	17	23
Elias, NJ	6	17	23
Malkin, Phg	5	18	23
Neal, Phg	14	8	22
Sedin, Van	8	14	22
Sedin, Van	4	18	22
Thornton, SJ	4	18	22

Wednesday's games not included

Horoscopes

 Aries

March 21 - April 20

Don't worry too much if your thoughts take you in directions you would not want to admit to in public. Think before you turn thoughts into deeds though.

 Taurus

April 21 - May 21

Someone you meet today will instantly attract you. It could be the start of a life-long friendship or even a passionate romantic liaison. Either way it's going to be a lot of fun — and that's good.

 Gemini

May 22 - June 21

You may be tempted to tell the world your plans but with Mercury, your ruler, still moving retrograde that might not be such a good idea. Only let those you really trust know what you are up to.

 Cancer

June 22 - July 23

You will see some strange things today but don't take any of it seriously. Maintain a detached attitude, even though there may be times when you want to bang a few heads together.

 Leo

July 24 - Aug. 23

There is no telling what spur-of-the-moment decisions you will make over the next 24 hours, but you will certainly do something out of the ordinary. Try though to look ahead and see what the consequences might be.

 Virgo

Aug. 24 - Sept. 23

You could easily impose your will on other people today but is that such a good idea? A little bit of thought should help you see that if you come on too strong you'll lose.

 Libra

Sept. 24 - Oct. 23

Do you let your heart rule your head today? It might be a smart idea as with mind planet Mercury still moving retrograde your thoughts may be all over the place. What does your inner voice tell you?

 Scorpio

Oct. 24 - Nov. 22

There is no point trying to coerce people whose worldview is completely different to your own. All that does is make them oppose you even more. Accept that you see things differently.

 Sagittarius

Nov. 23 - Dec. 21

There is a danger that you will bounce back and forth between two extremes today. It may not bother you much but it could turn important people against you, so think before you act.

 Capricorn

Dec. 22 - Jan. 20

Even if you disagree strongly with what loved ones are up to right now, you are advised to gloss over the fact and stay on good terms. It gives you a bargaining chip for later.

 Aquarius

Jan. 21 - Feb. 19

Feelings will be running high today and you may wish you could switch off the world. So why don't you? While everyone else is busy arguing you can sneak off.

 Pisces

Feb. 20 - March 20

A relationship may be going through a tough time but don't give up on it. Love planet Venus in your sign links to both Saturn and Pluto today, which means you are nowhere near the end of the road yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Eddie Cochran's "____ Everybody"
- Fuel additives at Indy
- Gore and Biden, e.g.
- Two notes to follow Do
- Road type
- Town ___ (News-giver of yore)
- ___ instant (Quickly): 2 wds.
- Toward shelter (Sailing term)
- Moms of cousins
- "Break It to Them Gently" singer/songwriter: 2 wds.
- Hosp. readouts
- Mr. Garfunkel
- Purple dinosaur
- Vancouver-born actor Ryan
- "She's ___" by Tom Jones
- Shoe parts
- Cool, retro-style
- Intl. alliance created in 1949
- "You've Got Mail" recipient
- Ceremonial staff
- Nice summer?
- Gwyneth's "Shakespeare in Love" (1998) role
- Stone worker
- Sittings
- Actor Mr. Depardieu
- 'Mich' add-on (Mr. Douglas)
- Very: French
- "The Safety Dance" group: 3 wds.

Down

- Potato pancake
- 1994 Pulp album: ___ 'Hers
- Actress Jessica
- "Drive ___" by The Beatles: 2 wds.
- Don't give ___ (Care less)
- TV producer Norman

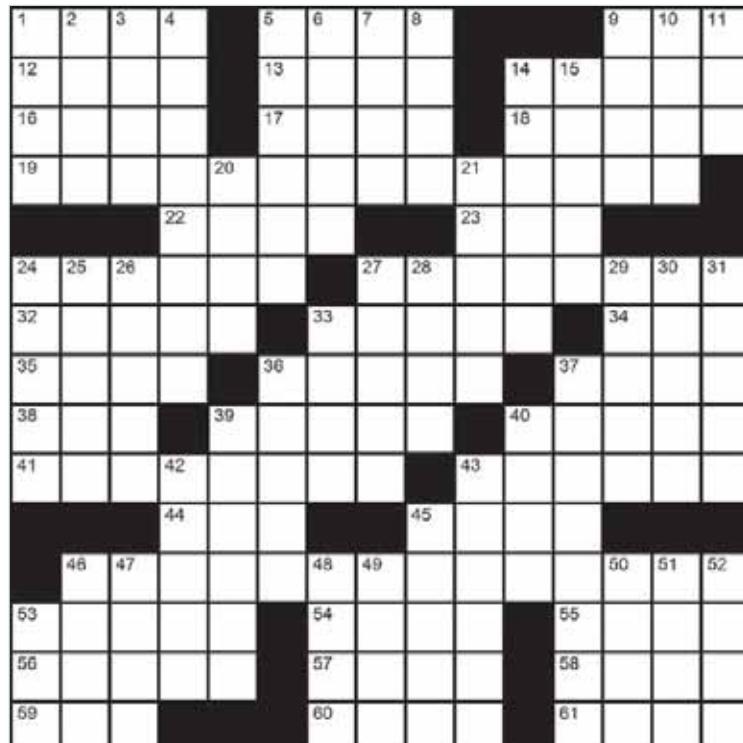
- Refusals
- Telegram
- Ms. Flynn Boyle

- games
- Like 'groovy' for 'great'
- Powders
- Tire: French
- Appear
- Actor Mr. Rhames
- Dogs and cats
- Lon Chaney and Douglas Fairbanks, e.g., to



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	7	2	3	5	4	6	9
9	2	3	1	4	6	5	8	7
5	6	4	8	7	9	3	1	2
2	7	8	5	1	4	6	9	3
3	9	1	6	8	7	2	4	5
6	4	5	9	2	3	1	7	8
4	5	2	7	6	8	9	3	1
7	3	9	4	5	1	8	2	6
8	1	6	3	9	2	7	5	4

4	8		9	1
7	2		5	6
5	3		4	7
4			3	5
9	5		7	1
3	2		8	6
9	5		7	1
7	4		2	6

Today



Friday



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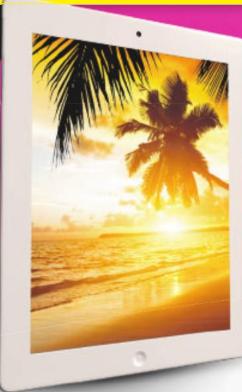
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